

HAVE YOUR HAPPIEST



*new year!*

Have you whitened those choppers? You're about to be smiling big-time.

We've packed these pages with easy, mood-boosting ways to rethink your wardrobe, wake up your makeup, and connect with pals.

So take the ultimate joyride in 2014. Happiness is yours to choose

BY ALLEGRA HOLCH PHOTOGRAPHED BY MITCHELL FEINBERG

# DRESS happy

Who says you can't be a creature of comfort *and* look hot? Remix a few essentials and beat the winter blues.



**1** Lambskin pants, Rag & Bone, \$995; at Saks Fifth Avenue.

**2** Gold-plated earrings, Erickson Beamon Rocks, \$28; bonton.com.

**4** Wool blazer, Brooks Brothers, \$398; brooksbrothers.com.

Leather sandals, 3.1 Phillip Lim, \$575; 31philliplim.com.

**3**

**5** Silk tank, Josie Natori, \$140; natori.com.

**6**

Silk twill jacket, Cynthia Rowley, \$595; cynthiarowley.com.

**7**

ALICIA KEYS in Co

## 1 Embrace Laid-Back Leather

Buttery soft lambskin in a slouchy fit isn't as constricting as leggings. "Paired with high heels, these pants are dressy and feminine," says stylist Kate Young.

## 2 Super-Size Your Studs

Wow-worthy earrings elevate any look, but dangling ones can snag delicate knits. Choose rounded studs that won't catch on a scarf.

## 3 Up Your Sexy-Shoe Game

Wearing stick-thin stilettos can be a balancing act. Try a chunkier heel; the extra support will keep you grounded.

## 4 Breathe Easy in a Blazer

A tailored jacket is a work-week staple, but opt for an unlined one, says stylist Cher Coulter. "You can layer it over a sweater and it won't look or feel bulky," she says.

## 5 Mind Your Underpinnings

Nothing spoils the coziness of a sweater like itchy yarns. A satiny cami provides a layer of feel-good coverage for your skin, says Young.

## 6 Turn Heads

Running out the door? An eye-catching topper means you can wear boring basics underneath and still shine.

## 7 Sweat It

Trade a blouse for a dressy sweatshirt like Keys's. With a cashmere-and-fur panel, it's comfy chic at its best!

BONUS BOOST

**Hate wearing hosiery with boots?** Put on a pair of Bootights. The sheer, patterned, and opaque styles have a moisture-wicking cushioned sock built in below the ankle to prevent slips and rips. (\$32-\$38; bootights.com.)

## 8 LIGHTEN UP

Your statement necklace just got lighter—and more comfortable to wear for hours. Thanks to ultra-smooth and featherweight beads, Rosena Sammi's gold stunner won't weigh you down. "It's also backed with fabric strips, so it won't irritate bare skin," says Sammi.

Wire, gold-toned bead, and elastic necklace, Rosena Sammi, \$150; rosenasammi.com.

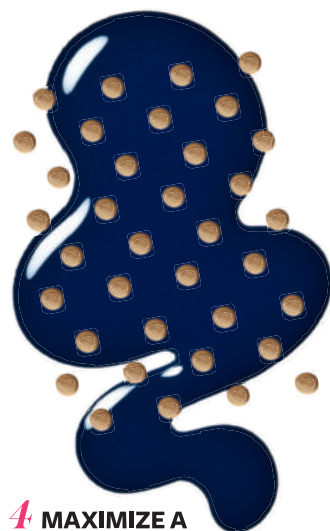
# PRIMP happy

Shake up your look in 10 minutes, tops. Take it from *InStyle* staffers—just one small switch can bring on the big grins.



## 1 SEE A NEW YOU

"Hipster glasses and coral gloss give my work look a bit of fun." —*Claire Stern*, editorial assistant  
No. 29 glasses, Rowley Eyewear, \$129; rowleyeyewear.com. YSL lipstick in No. 36, \$34; yslbeautyus.com.

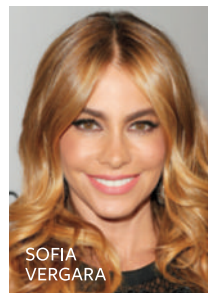


## 4 MAXIMIZE A MANICURE

When dark nails begin to feel drab, detail them with gold. "I dip the tip of a bobby pin into the polish and neatly dot it on." —*Sheryl George*, associate beauty editor  
OPI nail lacquer in Incognito in Sausalito, \$9; ulta.com. Butter London nail lacquer in Marbs, \$15; butterlondon.com.

## 2 SCORE SERIOUS SHINE

When strands get dry in the winter, try this tip to make them gleam à la Sofia Vergara's soft waves: "In between trims I do at-home glossing with John Frieda's Luminous Glaze." —*Jennifer Ferrise*, editorial assistant  
\$10; drugstore.com.



## 3 GLOW WHILE YOU WORK

For that I-just-returned-from-vacation look, keep self-tanning towelettes in your desk. "They build a subtle bronze in a couple of hours." —*Angelique Serrano*, beauty director  
Dr. Dennis Gross Skincare Alpha Beta Glow Pad, \$32/20 pads, \$45/8 pads for body; sephora.com.



## BONUS BOOST

How do you transform your look in a flash? We asked, and you tweeted.

@thestylesplash:

"Using @Benefit Benetint always gives me a healthy and natural-looking glow!"

@zooeycarney:

"Urban Decay mascara = longest lashes ever! Makes me very happy. People keep asking if they are false."



CHARLIZE THERON

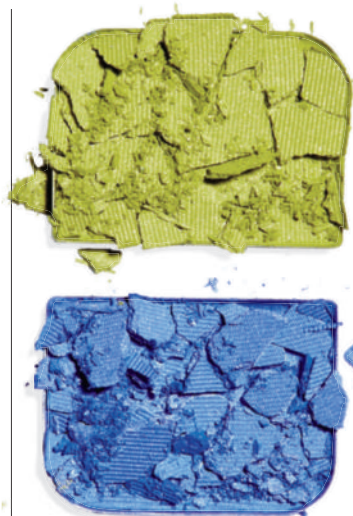
## 5 UPGRADE YOUR UPDO

Put down the hairspray and pick up a headband! "I love to sparkle, and a crystal-embellished band delivers just the right amount." —*Glynis Costin*, West Coast bureau chief



## 6 PAMPER YOUR POUT

"When I want to freshen up, I slather on Burt's Bees Rhubarb Lip Shimmer. It's made with peppermint, so it perks me right up. An added benefit? Fresh breath!" —*Wendy Wallace*, fashion market director  
Burt's Bees Lip Shimmer in Rhubarb, \$5; burtsbees.com.



## 7 ELECTRIFY YOUR EYES

"Using bright shadows in place of my normal black or brown eyeliner makes the color of my blue eyes stand out. I line my upper lids with cobalt, then dab chartreuse at the inner corners." —*Jennifer Mason*, copy chief  
Nars Duo eye shadow in Rated R, \$34; narscosmetics.com.

## 8 GET RICH QUICK

"The perfect pick-me-up before an evening out? A deep red lipstick that makes you feel glam. Chanel Rouge Allure is super-long-lasting." —*Donna Bulseco*, assistant managing editor



Chanel Rouge Allure Velvet Luminous Matte Lip Colour in La Fascinante, \$34; chanel.com.

# PARTY happy

Throw a casual hang designed with minimal work so you can connect with your guests—and indulge yourself too.

## BONUS BOOST

**Simplest Cocktails Ever** Pour Arrowhead Farms Bellini, Margarita, and Southside mixers into pitchers so guests can combine them with their liquor of choice. The real cinch? A garnish that's probably already in your fridge. "Just shave a bit of peel off colorful fruit, like lime or orange," says event planner Bronson van Wyck. (\$28 each; arrowheadfarms.com.)



 **SAVE THE DATE!** Join happiness guru **Gretchen Rubin** and **InStyle** digital correspondent **Dana Avidan-Cohn** for a Twitter chat on Dec. 16 at 7 P.M. Tweet your Qs @InStyle using #gethappy2014.



## 1 TRY TAKEOUT 2.0

**HOW TO THROW IT** There's no shame in dialing up dinner. Serving pizza? Order plain marinara pies and assemble a DIY bar with toppings like whipped ricotta and fresh herbs such as rosemary and oregano. Another trick: "Ask the restaurant to undercook your pie," advises event planner Lulu Powers. "Then warm it at 400 degrees for 10 minutes before serving." (Italian Collection, Dean & DeLuca, \$60/10 spices, deandeluca.com.) **WHAT ELSE YOU'LL NEED** Bright servers, like King Arthur Flour's rectangular pizza stone, above, go from oven to table in one colorful step. And don't forget the wine. Michele Chiarlo's Barbera d'Asti is a bold pairing. (Pizza stone, \$60; kingarthurfleur.com. Wine, \$16; bevmo.com)



## 2 PLAN A SPA DAY

**HOW TO THROW IT** Treat your besties to an at-home pampering party. You can hire a service (like Beauty On Call in Chicago, Spa-Gos in L.A., or Zeel in New York) that brings manis and mini facials to you at prices comparable to those of an in-spa treatment. **WHAT ELSE YOU'LL NEED** "It's an indulgent event," says Powers, so have Francis Ford Coppola's single-serve sparkling wines on hand. They come with mini straws—no glasses, no cleanup required! (\$5; franciscoppolawinery.com.)

## 3 FIX A NO-FUSS BRUNCH

**HOW TO THROW IT** Skip the Sunday morning crowds at your neighborhood eatery and gather the gang at your place. Food52 Web site co-founder Amanda Hesser says, "Study up on baked eggs, which need no advanced prep." Her recipe: Crack an egg into a ramekin for each guest, add a sliver of butter, a dash of cream, and salt and pepper to taste. Cook the egg mixtures in a 350-degree oven until the whites are set. "You can keep an eye on these while still socializing, as there's little risk of overcooking them," says Hesser. **WHAT ELSE YOU'LL NEED** Invest in a party-in-a-box, like ACME's eco-friendly set, so you'll always have stylish essentials on hand: mason jars and striped straws for drinks, bamboo plates and utensils, colorful napkins, and pretty table décor. The contents are reusable, so nothing goes to waste. (Party in a Box, ACME Party Box Company, \$198/12 settings; acmepartybox.com.)

## 4 DO FAB FONDUE

**HOW TO THROW IT** Offer a plate of healthy dippers, like strawberries, raspberries, and blackberries, and a selection of sweeter options, like marshmallows and graham crackers.

**WHAT ELSE YOU'LL NEED** Make things quick and easy with microwavable pots of chocolate from French Farm—they're ready to serve in two minutes flat.

French Farm  
Aux Anysetiers  
du Roy dark  
chocolate  
fondue, \$25/4  
servings;  
thefrenchy  
bee.com.

# LIVE happy

Exercise that feels like play *and* extra hours of sleep?  
Yes, please! Try these strategic moves for more energy now.

## BONUS BOOST

WHAT JAMS REV  
UP THESE STARS  
AT THE GYM?



**ALESSANDRA  
AMBROSIO**  
“DJ Zen Freeman  
does amazing mixes  
of Arcade Fire  
and Kings of Leon.”



**JENNIFER  
HUDSON**  
“Ciara’s ‘I’m Out’  
is a great song.”



**KATE  
HUDSON**  
“When I’m jogging,  
Katy Perry and  
Kanye West are  
my go-tos.”



**GABRIELLE  
UNION**  
“I made a Women  
Who Rock playlist  
with Beyoncé, Kelly  
Clarkson, Janet  
Jackson, Pink, and  
Shania Twain.”

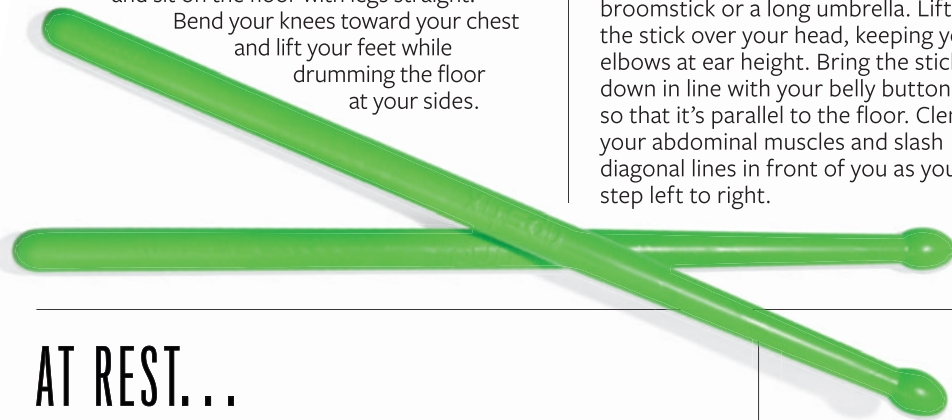
## AT PLAY...

### 1 Rock Out with Drumsticks

**THE CLASS** Pound Rockout (Poundfit.com)

**THE CONCEPT** A hybrid of Pilates, strength training, isometrics, and cardio. Participants pound the floor (about 15,000 times per 45-minute class) with special quarter-pound plastic Ripstix (below).

**THE MOVE TO STEAL** If you don’t have drumsticks, hold a wooden spoon in each hand and sit on the floor with legs straight. Bend your knees toward your chest and lift your feet while drumming the floor at your sides.



## AT REST...

### 1 Reset Your Body Clock

The body primes itself for a better-quality snooze if you go to sleep and wake at around the same times every day. Need a nudge in the A.M.? Step outside for some sunlight; it prevents the release of melatonin, so you’re less likely to go back to the sack.

### 2 Choose a Better Bedtime Snack

Swap the warm milk for tart cherries. “They have a high melatonin content, which helps with both sleep onset and sleep quality,” says Michael Breus, clinical psychologist and co-author of *The Sleep Doctor’s Diet Plan*.



### 2 Swing a Samurai Sword

**THE CLASS** Forza (Equinox.com)

**THE CONCEPT** This cardio workout is based on samurai sword fighting. The hour-long routine is made up of 12 basic cuts—precise movements that sculpt your arms, chest, shoulders, abs, and lower body—done while brandishing a wooden sword.

**THE MOVE TO STEAL** No light saber lying around? No problem. Grab a broomstick or a long umbrella. Lift the stick over your head, keeping your elbows at ear height. Bring the stick down in line with your belly button so that it’s parallel to the floor. Clench your abdominal muscles and slash diagonal lines in front of you as you step left to right.

### 3 Stay in Beddy-Bye

If you wake in the middle of the night, don’t stand up. You’ll have an easier time falling back to sleep if you simply lie still and relax. And forget counting sheep—instead, try counting backward from 300 by threes, suggests Dr. Breus. “It’s so complicated that you won’t be able to focus on anything else, and so boring that you’ll go right back to dreamland.”

## 3 BOUNCE ON A TRAMPOLINE

**THE CLASS** Skyrobics (Skyzone.com)

**THE CONCEPT** This low-impact routine done on a springy surface works the upper body, core, and lower body with calisthenics, cardio, and strength training.

**THE MOVE TO STEAL** Try simple jumping jacks on a mini trampoline (\$40; target.com). It’s easy on the joints but will work to tone your arms and legs.

Nylon and  
polyester  
sneakers,  
Adidas, \$180;  
adidas.com.